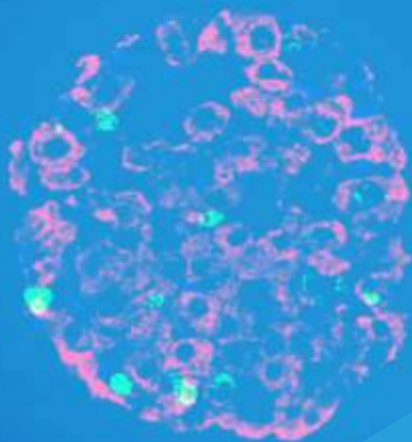




# CAPSTONE

OBESITY DIABETES &  
ENDOCRINE SCIENCES



under the aegis of



3.5 CME  
CREDIT  
HOURS

September 28 29

# META DIABETES



Hotel Apollo Dimora Thiruvananthapuram

SEPTEMBER 2  
28 | 29 2  
2024

FOR REGISTRATION

[www.codeskowdiar.com](http://www.codeskowdiar.com)





Dear friends,

### Welcome to META-DIABETES 2024

It is our privilege to welcome you to the fourth edition of our annual diabetes update “META-DIABETES 2024”, to be held at hotel **Apollo Dimora**, Thiruvananthapuram on **28<sup>th</sup> & 29<sup>th</sup> of September 2024**. This academic event is organised by **CAPSTONE Obesity Diabetes & Endocrine Sciences** under the aegis of **Travancore Wellness Research Society** and intends to give you an insight in to the recent advancements in the field of obesity, diabetes and metabolic disorders. The scientific agenda is comprehensive and contain host of topics under many headings such as **Symposiums, Meet The Professor, Workshop, Debate, Panel Discussion, Grand Rounds, Clinical Pearls** among others.

We request you to save the date in advance and be a part of this scientific feast.

**Organising Team**  
**META-DIABETES 2024**

#### ORGANIZING TEAM

Chairman  
**Dr Aneesh Ghosh M S**

Secretary  
**Dr D Thankom**

#### SCIENTIFIC COMMITTEE

Chairman  
**Dr Jabbar PK**

Advisors  
**Dr Sasikumar V**  
**Dr Thushanth Thomas**  
**Dr Mathew John**  
**Dr Tittu Oommen**

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**NATIONAL FACULTY**

**Dr Om J Lakhani**  
MD, DM, Ahmedabad

**Dr R Santosh**  
MD, DM, Hyderabad

**Dr Saba Samad Memon**  
MD, DM, Mumbai

**Dr Lakshmi Nalini Kopalle**  
MD, DM, Bangalore

**Dr Jayashree Gopal**  
dip ABIM, Endo, Chennai

**Dr Rebecca Kurian Raj**  
MSc, MPhil, PhD, Bengaluru

**Prof. Ganapathi Bantwal**  
MD, DM, Bangalore

**Prof. Neelaveni MD, DM**  
Hyderabad

**Dr Nithin Kapoor**  
MD, DM, Vellore

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**Dr Tittu Oommen**  
MD, DM, Thiruvananthapuram

**Dr Tony Joseph**  
MD, DM, Thiruvananthapuram

**Dr Mathew John**  
MD, DM, Thiruvananthapuram

**Dr Sasikumar V**  
MD, DM, Thiruvananthapuram

**Dr Thushanth Thomas**  
MD, DM, Thiruvananthapuram

**Prof. PK Jabbar**  
MD, DM, Kottayam

**Prof. Nisha Bhavani**  
MD DNB, Kochi

**Dr Joe George**  
MD, DM, Calicut

**Dr Vishnu Vasudevan**  
MD, DM, Perinthallana

**Dr Bhasi**  
MD, Thiruvananthapuram

**Dr Soumya S**  
MD, DM, Thiruvananthapuram

**Dr Karthik V**  
MD, DM, Thiruvananthapuram

**Dr Athul Vyas**  
MD, Thiruvananthapuram

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MD, DM, Palakkad

**Dr George Koshy**  
MD, DM, Thiruvananthapuram

**Dr Anand Marthandapillai**  
MD, FACC, FHRS (AB),  
Thiruvananthapuram

**Dr Kasi Visweswaran. R**  
MD, DM, Thiruvananthapuram

**Dr Srikumar Vasudevan**  
DLO, Thalasseri

**Dr Mohan T Shenoy**  
MD, DM, Thiruvananthapuram

**Dr Sulphi Noohu**  
DLO, Thiruvananthapuram

**Dr Arun Sasidharan**  
MDS, Thiruvananthapuram

**Dr Sankar Ram**  
DPMR, Thiruvananthapuram

**Dr Veena Sreejith**  
PGD diab, Thiruvananthapuram

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MD, MRCP, Thiruvananthapuram

**Dr Lekshmi**  
MD, DM, Thiruvananthapuram

**Dr N S Sibi**  
MD, Thiruvananthapuram

**Dr Madhu Sasidharan**  
MD, DM, Thiruvananthapuram

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MD, DM, FRCP,  
Thiruvananthapuram

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MD, Thiruvananthapuram

**Dr S. Thankom**  
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MD, MRCP, Thiruvananthapuram

**Dr Sreejith Babu**  
MD, DM, Thiruvnanthapuram

**Dr Shameer**  
MD, DM, Thiruvananthapuram

**Dr Merry Francis**  
MS, MChThiruvananthapuram

**Mrs Jaziya**  
Msc, Thiruvananthapuram

**04.30 PM**  
**05.40 PM**

**TECHNOLOGY WORKSHOP**

TOPICS	SPEAKER	MODERATOR
Introduction to Computational Medicine. Use of AI in Diabetes Practice (20 mts)	<b>Dr Om J Lakhani MD, DM</b> Ahmedabad	
Simplifying CGM Graphs With the Aid of AI (10+5 mts)	<b>Dr Om J Lakhani MD, DM</b> Ahmedabad	<b>Dr Tittu Oommen MD, DM</b> Thiruvananthapuram
AI Based Automated Insulin Delivery System (10+5 mts)	<b>Dr R Santosh MD, DM</b> Hyderabad	<b>Dr Thushanth Thomas MD, DM</b> Thiruvananthapuram
Digital Therapeutics in Diabetes Care (10+5 mts)	<b>Dr R Santosh MD, DM</b> Hyderabad	

**05.40 PM**  
**07.20 PM**

**GERIATRIC DIABETES SYMPOSIUM**

TOPICS	SPEAKER	CHAIRPERSONS
Comprehensive Geriatric Assessment in Older Patients with T2 Diabetes Mellitus (15+5 mts)	<b>Dr R Santosh MD, DM</b> Hyderabad	
Diabetes and Sarcopenia: Burden & Solutions (15+5 mts)	<b>Dr Saba Samad Memon MD, DM</b> Mumbai	<b>Dr Sasikumar V MD, DM</b> Thiruvananthapuram
Challenges and Solutions For Treatment Intensification in Geriatric Population (15+5 mts)	<b>Dr Neelaveni MD, DM</b> Hyderabad	<b>Dr Athul Vyas MD, Thiruvananthapuram</b>
Sexual Dysfunction: Assessment and Management (15+5 mts)	<b>Dr Mathew John MD, DM</b> Thiruvananthapuram	
Diabetes and Fragility Fractures: Burden & Solutions (15+5 mts)	<b>Dr Saba Samad Memon MD, DM</b> Mumbai	

07.20 PM

**INAUGURATION**

07.30 PM  
09.30 PM

**MEET THE PROFESSOR**

TOPICS	SPEAKER	CHAIR
Case Discussion	Sr Resident Dept. of Endocrinology Govt. Medical College Thiruvananthapuram	<b>Prof. PK Jabbar</b> MD, DM, Kottayam
Case Discussion	Sr Resident Dept. of Endocrinology Amritha Institute of Medical Sciences, Kochi	<b>Prof. Ganapathi Bantwal</b> MD, DM, Bangalore
Case Discussion	Sr Resident Dept. of Endocrinology Madurai Medical College, Madurai	<b>Prof. Nisha Bhavani</b> MD DNB, Kochi

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**DINNER**

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09.00 AM  
09.40 AM

## OBESITY SYMPOSIUM

### TOPICS

Metabolically Healthy Obesity Vs  
Metabolically Unhealthy Normal  
Weight: Fact or Fiction (15+5 mts)

T2 Diabetes Mellitus Care in The Era of  
Weight Management (15+5 mts)

### SPEAKER

**Dr Joe George**  
MD, DM, Calicut

**Dr Vishnu Vasudevan**  
MD, DM, Perinthalmanna

### CHAIR

**Dr Bhasi MD**  
Thiruvananthapuram

## TEA BREAK

10.00 AM  
10.30 AM

## DEBATE

### TOPICS

The New Age FDCs are Rational  
(30 mts)

### YES

**Dr Soumya S**  
MD, DM  
Thiruvananthapuram

### NO

**Dr Karthik V**  
MD, DM  
Thiruvananthapuram

### EXPERT

**Dr PK Jabbar**  
MD, DM  
Kottayam

10.30 AM  
11.30 AM

## CARDIO - METABOLIC SYMPOSIUM

### TOPICS

Diabetes and Heart Failure-Interplay and  
Novel Therapeutics  
(15+5 mts)

Management of Chronic Coronary  
Syndrome in Patients with Diabetes  
(15+5 mts)

Changing Trends in Lipid Management  
(15+5 mts)

### SPEAKER

**Dr P B Jayagopal**  
MD, DM, Palakkad

**Dr George Koshy**  
MD, DM, Thiruvananthapuram

**Dr P B Jayagopal**  
MD, DM, Palakkad

### CHAIRPERSONS

**Dr Anand Marthandapillai**  
MD, FACC, FHRS (AB)

**11.30 AM  
12.30 PM**

**RENO-VASCULAR SYMPOSIUM**

TOPICS	SPEAKER	CHAIRPERSONS
Recognise Before You See It: Early Screening (Conventional & Advanced) Approach in Diabetes Kidney Disease (15+5 mts)	<b>Dr Lakshmi Nalini Kopalle</b> MD, DM, Bangalore	
Nephroprotection in Diabetes Kidney Disease - Pillars of Therapy Slowing Progression (15+5 mts)	<b>Dr Jayashree Gopal</b> dip ABIM, Endo, Chennai	<b>Dr Kasi Visweswaran. R</b> MD, DM
MACE to MARCE for T2 Diabetes Mellitus (15+5 mts)	<b>Prof. Ganapathi Bantwal</b> MD, DM, Bangalore	

**12.30 PM  
01.10 PM**

**PANEL DISCUSSION**

TOPICS	PANELISTS	MODERATORS
Medico Legal Dilemmas in the Contemporary Digital World: Adaptations and Solutions (40 mts)	<b>Dr Srikumar Vasudevan</b> DLO, Thalasseri (Nat. Secretary PPS)	
<ul style="list-style-type: none"> <li>ML issues faced by doctors for posting fact-finding uploads against bogus ads,</li> <li>Protection of public against misleading ads</li> <li>Post amendment of Kerala Healthcare Persons and Institutions Prevention of Violence and Damage to Property Act: The ground reality</li> </ul>	<b>Dr Mohan T Shenoy</b> MD, DM, Thiruvananthapuram  <b>Dr Vishnu Vasudevan</b> MD, DM, Perinthalmanna  <b>Dr Merry Francis</b> MS, MChThiruvananthapuram	<b>Dr Sulphi Noohu</b> DLO, Thiruvananthapuram (Former IMA state president)

**LUNCH BREAK 1.10 PM - 2.00 PM**

**02.00 PM**  
**02.20 PM**

### OFFSHOOT SYMPOSIUM

#### TOPICS

Periodontitis in Diabetes Mellitus  
(15+5 mts)

#### PANELISTS

**Dr Arun Sasidharan**  
MDS, Thiruvananthapuram

#### MODERATORS

**Dr Mahesh Sukumaran**  
MD, MRCP, Thiruvananthapuram

**02.20 PM**  
**04.00 PM**

### LIFE STYLE WORKSHOP

#### TOPICS

Urbanisation, Change in Consumption  
Pattern & Diabetes in India (15 mts)

**Dr Rebecca Kurian Raj**  
MSc, MPhil, PhD  
Bengaluru

Sweeteners: Boon or Bane? (15 mts)

Time Restricted v/s Calorie Restricted Diet  
(15 mts)

**Dr Veena Sreejith**  
PGD diab, Thiruvananthapuram

Excess Sugar and Metabolic consequences  
among children (10 mts)

Pull, Lift, Move & Shake: Customising  
Life-Style Intervention to Improve Compliance

**Dr Sankar Ram**  
DPMR, Thiruvananthapuram

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**Tea & Vote of Thanks**

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09.00 AM  
09.40 AM

## PATRONAGE SYMPOSIUM

### TOPICS

Treat the Trinity: Tackling High Glucose, Weight and CV Risk with Oral Semaglutide (15+5 mts)

Tailoring Diabetes Therapy: The Role of Degludec and its Coformulation (15+5 mts)

### SPEAKER

**Dr Tony Joseph** MD, DM  
Thiruvananthapuram

**Dr Om J Lakhani**  
MD, DM, Ahmedabad

### CHAIRPERSONS

**Dr N S Sibi**  
MD, Thiruvananthapuram

## TEA BREAK

10.00 AM  
11.00 AM

## DIABETES AND WOMEN SYMPOSIUM

### TOPICS

Improving Fertility Outcome in PCOS (15+5 mts)

Monitoring (Foetal and Metabolic) of Pregestational Diabetes (15+5 mts)

Sponsored Session (15+5 mts)

### SPEAKER

**Dr Lakshmi Nalini Kopalle**  
MD, DM, Bangalore

**Dr Nithin Kapoor**  
MD, DM, Vellore

### CHAIRPERSONS

**Dr Rajmohan L** MD, MRCP  
Thiruvananthapuram

11.00 AM  
12.00 PM

## HEPATOLOGY SYMPOSIUM

### TOPICS

Journey From NAFLD TO MASLD: Nomenclature and Beyond (15+5 mts)

An Approach to a Patient with T2 Diabetes Mellitus Steatosis on USG and an Elevated Microsomal Enzymes (15+5 mts)

Sponsored Session (15+5 mts)

### SPEAKER

**Dr Lekshmi** MD, DM  
Thiruvananthapuram

**Dr Madhu Sasidharan** MD, DM  
Thiruvananthapuram

### CHAIRPERSONS

**Dr K T Shenoy**  
MD, DM, FRCP

**12.00 PM**  
**01.00 PM**

### CLINICAL PEARLS [CASE BASED]

TOPICS	SPEAKER	CHAIRPERSONS
Endocrine Evaluation in Diabetes Mellitus: When and How ? (15+5 mts)	<b>Dr Nithin Kapoor</b> MD, DM, Vellore	<b>Dr Sreejith Babu</b> MD, DM, Thiruvnanthapuram
Approach to Impaired Awareness of Hypoglycaemia (15+5 mts)	<b>Dr Joe George</b> MD, DM, Calicut	<b>Dr Shameer</b> MD, DM, Thiruvananthapuram
Common Lab Errors and Interpretations of HbA1C (15+5 mts)	<b>Dr Jayashree Gopal</b> dip ABIM, Endo, Chennai	

### LUNCH BREAK

**02.00 PM**  
**02.20 PM**

### OFFSHOOT SYMPOSIUM

TOPICS	SPEAKER	CHAIRPERSONS
Clinical Approach to Lower Limb Weakness and Paresthesia in Diabetes Mellitus	<b>Dr Madhusoodanan</b> MD, DM Thiruvananthapuram	<b>Dr Aswini Kumar</b> MD, Thiruvananthapuram

**02.20 PM**  
**04.00 PM**

### GRAND ROUNDS

TOPICS	SPEAKER	CHAIR
Case Presentation	Sr Resident Government Medical College Thiruvananthapuram	<b>Prof. Aswini Kumar</b> MD, Thiruvananthapuram
Case Presentation	Sr Resident Ananthapuri Hospitals & Research Institute Thiruvananthapuram	<b>Prof. Bhasi</b> MD, Thiruvananthapuram
Case Presentation	Sr Resident Dr Somervell Memorial CSI Medical College Karakonam	<b>Prof. R Legha</b> MD, Kollam

[Assessment of residents by doyens in the field of medicine. Discussions will be held in the question & answer format, keeping in mind the academic requirements of exam going post graduates]

**TEA & VOTE OF THANKS**

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## COORDINATION TEAM

<b>CONFERENCE COORDINATOR</b>		<b>REGISTRATION</b>	<b>FOOD &amp; BEVERAGE</b>
Dr Susan		Vaishak S Arun AR Vichithra Athira	Vignesh Sreethu Aishwarya V
<b>COMPERE TEAM</b>	<b>VENUE/HALL SUPERVISORS</b>	<b>AUDIO VISUAL</b>	<b>TRAVEL &amp; LOGISTICS</b>
Dr Chitra Pillai Gopika	Reshma Aishwarya	Arun Vaishakh	Vishnu Manoj

## EVENT PARTNERS



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